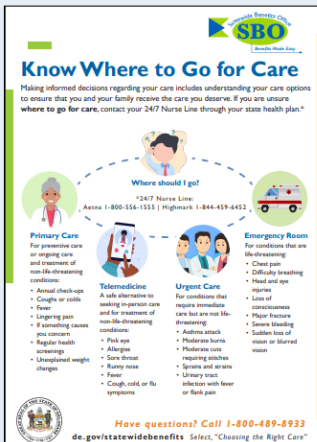
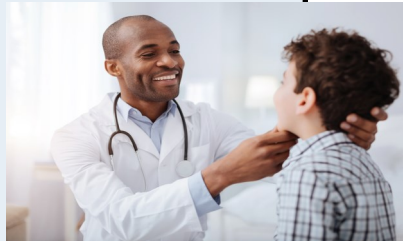


Navigating Health Care Options

It is Saturday morning, and you wake up with pink eye. What should you do? Who should you see? Have you or a family member ever had a similar situation, where your Primary Care Provider (PCP) was not available, but you needed non-emergency medical attention? When you cannot get an appointment with your PCP, State of Delaware employees that are enrolled in an Aetna or Highmark Delaware health plan have options for non-emergency medical needs:

- **24/7 Nurse Line** ([Highmark Delaware](#) or [Aetna](#)) – If you have symptoms or medical questions and are not sure where to go for care, contact a registered nurse by phone 24/7 to discuss the best care option for you. This service is included for free with your health plan.
- **Telemedicine Visits** - Telemedicine is a service that allows you to have an online video consultation with a doctor whether you are at home or on the go, by using your computer, tablet, or smartphone. You can use telemedicine services and speak with a doctor to receive a diagnosis and get recommended treatment for minor illnesses, such as a sore throat, pink eye, runny nose, or fever. The doctor can even prescribe medications when appropriate. This service is available for [Highmark Delaware](#) and [Aetna](#) members with little to no cost.
- **Urgent Care** - For symptoms that require immediate care but are not life threatening, an in-network walk-in clinic or urgent care facility is an appropriate option. Go to an urgent care center for minor accidents or illnesses such as burns, cuts, strains and sprains, or common medical problems like the flu. This service is available for [Highmark Delaware](#) and [Aetna](#) members.



For conditions that are life threatening, such as chest pain, difficulty breathing, fainting, or severe bleeding, go to the **emergency room**. This care option is available for [Highmark Delaware](#) and [Aetna](#) members.

For more information about your care options, view the [Know Where to Go for Care](#) flyer and visit the [Choosing the Right Care](#) page.

American Heart Month

February is American Heart Month.

Monitoring your blood pressure is one of the most important steps you can take to maintain a healthy heart. If it is



determined that you have high blood pressure, it is a good idea to work with your doctor to manage it to lower your risk of a heart attack, stroke, or kidney disease. Check out the resources available to State of Delaware health plan members by selecting your group from the [Statewide Benefits Office \(SBO\) homepage](#) and then clicking on Aetna or Highmark Delaware. You can also learn more about heart health from the [American Heart Association](#).

Dental RFP

During the past two years, have you missed people's smiles? We all have been hiding them behind our masks, and if that leaves you feeling blue, then you may be happy to know that smiling is one way to boost your mood. Speaking of smiling, have you scheduled your dental preventive appointments? These appointments are just as important as your annual physical. On January 24, 2022, as a result of rebidding administration of the state's dental plans*, the State Employee Benefits Committee (SEBC) re-awarded contracts to Delta Dental and Dominion National, effective July 1, 2022. The plans* offer discounts and benefits that are designed to save money while preserving our smiles. Look for more information on the dental benefits as we approach the 2022 Open Enrollment scheduled for May 2 - 18, 2022.

* If you are a school district employee, please note that some districts offer their own local school plans for dental insurance. To learn more about your dental benefits, visit your school website or contact your organization's Human Resources/Benefits Office.

Did You Know?

Did you know that Dominion National offers a [Prevention Rewards Program](#)? Preventive dental care is an important part of your overall health and can help prevent costly dental work in the future. By receiving two dental cleanings from a network dentist in the plan year, you and each family member enrolled in the Dominion National dental plan will receive \$20.00. So, if you have a family of four and they each receive two dental cleanings from a network dentist in the plan year, you will receive \$80.00. The reward will be sent to the primary subscriber for all family members that qualify. While you do not have to take any action to receive the reward, Dominion National encourages you to complete a survey to evaluate services and share feedback. The Prevention Rewards Program will continue in the Dominion National Dental HMO plan effective July 1, 2022 (there will be more information on dental benefits in the 2022 Open Enrollment materials).

Upcoming Webinars and Classes

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in a state health plan. There is no need to register, simply click a link below to attend.

- Your Healthy Heart - [February 15, 2022 @ 12:00pm](#)
- Everything You Need to Know About Cholesterol - [February 23, 2022 @ 5:00pm](#)

ComPsych® GuidanceResources® is offering quarterly webinars for new and existing employees/supervisors who want to learn more about the Employee Assistance Program (EAP). Click on the links below to **register**:

- Mindfulness: Being Present in Your Work and Life - [March 9, 2022 @ 1:00pm](#)
- Supervisor Orientation - [April 5, 2022 @ 10:00am](#)
- Employee Orientation - [April 6, 2022 @ 10:00am](#)

These webinars will be recorded and posted to the website if you are unable to attend.

Computer-Based Cognitive Therapy

Through the Employee Assistance Program (EAP), ComPsych® Guidance Resources®, you can access a digital self-care platform called myStrength®. myStrength® offers interactive behavioral health tools and resources such as guided programs on anxiety, chronic pain and opioids, depression, mindfulness, sleep, stress, substance use and more. There are also personalized resources on physical health to help you quit smoking and manage conditions like diabetes and coronary artery disease. Since you have to login to your personal account through ComPsych® Guidance Resources®, access to myStrength® is safe, secure, and personalized. Simply login to your [ComPsych® Guidance Resources®](#) account and click the "Digital Self-Care Tools" tile to register for and access myStrength®. While you are in your account, take time to check out the other resources for wellness, relationships, work and education, financial, legal, lifestyle, home and auto, discounts, and more!

Healthy Recipe - Cheesy Zucchini Rounds

This tasty snack features slices of baked zucchini with crispy Parmesan cheese. It's quick to prepare and is a great source of calcium and vitamin C.

Ingredients

- 2–3 zucchinis
- Grated Parmesan cheese
- Black pepper
- Garlic salt
- Olive oil



Directions

1. Preheat oven to 425 degrees.
2. Coat a baking sheet with a thin layer of olive oil.
3. After washing the zucchini, cut into quarter-inch slices and place onto the baking sheet.
4. Sprinkle each slice with garlic salt and black pepper, then add a teaspoon of grated Parmesan cheese.
5. Bake for 15 to 20 minutes, until the cheese turns golden brown.

Recipe from [Delta Dental](#)

Hidden Treasures: Review the information on the Policies & Procedures page of SBO's website and email two Qualifying Events that allow you to make changes to your benefits to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Patricia H. from the Dept. of Health and Social Services!